



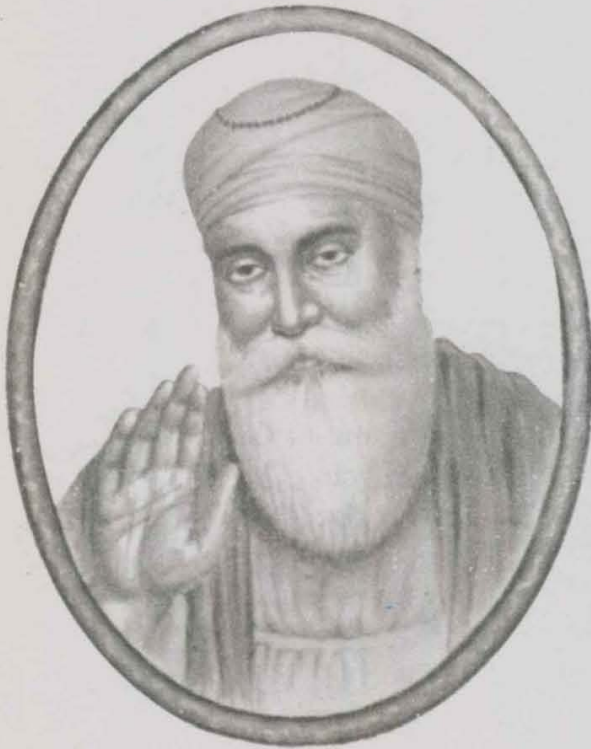
# THE ESSENCE OF SIKHISM-1

THE LIVES AND TEACHINGS OF  
THE SIKH GURUS



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THE SIKH GURUS



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# Preface

The pressures and challenges of modern life have made it necessary to integrate value education with school curriculum. In these troubled times when the society is witnessing an erosion of its cultural and ethical values, it is important that we instil the universal values of brotherhood, tolerance, peace and unity among growing children. The lives and teachings of the Sikh Gurus have for ages inspired mankind to live life with courage and conviction.

*The Essence of Sikhism* is a well-graded series and gives an account of the lives and teachings of the Sikh Gurus in simple language. Useful exercises help the students to recapitulate the historical setting of events. Interesting activities give them an opportunity to explore the deeper truth enshrined in the teachings of the ten Masters.

For over three decades, I have taught right from tiny tots through higher classes, where young boys and girls enter the threshold of adult life. This series is my humble offering before the eternal Guru, *Guru Granth Sahib*, from out of the experience of an entire life devoted to education.

*Tejinder Kaur Anand*

# ਮੂਲ ਮੰਤਰ

## Mool Mantra

ੴ

Ek Onkar

*God Is One.*

ਸਤਿਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ

Sat(i) Nām(u) kartā Purakh

*His name is true*

*He is the creator of all things.*

ਨਿਰਭਉ ਨਿਰਵੈਰੁ

Nirbhau nirvair(u)

*He is without fear,*

*He is without enemy.*

ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ

Akal murāt(i) Ajuni

*He is timeless,*

*He is beyond birth and death.*

ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Saibhang Gur Prasād(i)

*He is self-illuminated,*

*He is realised by His grace alone.*

॥ ਜਪੁ ॥

Jap(u)

*Repeat His Name.*

- From here begins the first 'Bani' of Guru Granth Sahib named 'Jap ji'.

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

Ad(i) Sach(u) jugad(u) Sach

*He was true before the beginning,*

*He was true when the ages began.*

ਹੈ ਭੀ ਸਚੁ

Hai bhi sach(u)

ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

Nanak hosi bhi sach(u)

*The true one existeth now, says Nanak,  
and shall exist forever.*

\* Learn and recite the above verses.

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## 1. Our First Guru



**Guru Nanak Dev Ji** was born at Talwandi, later named Nankana Sahib. His father's name was Mehta Kalu. His mother's name was Mata Tripta.

## 2. Our Second Guru



**Guru Angad Dev Ji** was born at Matte-di-Sarai, a village in Ferozpur district. His father's name was Pherumal. His mother's name was Daya Kaur.

### 3. Our Third Guru



**Guru Amardas Ji** was born at Basarka, a village in Amritsar district. His father's name was Tej Bhan. His mother's name was Mata Sulakhni.

## 4. Our Fourth Guru



**Guru Ram Das Ji** was born at Lahore. His father's name was Hari Das. His mother's name was Daya Kaur.

## 5. Our Fifth Guru



**Guru Arjan Dev Ji** was born at Goindwal. His father was Guru Ram Das ji. His mother's name was Mata Bhani.

## 6. Our Sixth Guru



**Guru Hargobind Ji** was born at Wadali, a village in Amritsar district. His father was Guru Arjan Dev ji. His mother's name was Mata Ganga.

## 7. Our Seventh Guru



**Guru Har Rai Ji** was born at Kiratpur.  
His father's name was Baba Gurditta.  
His mother's name was Nihal Kaur.

## 8. Our Eighth Guru



**Guru Harkrishan Ji** was born at Kiratpur. His father was Guru Har Rai ji. His mother's name was Kishan Kaur.

## 9. Our Ninth Guru



**Guru Tegh Bahadur Ji** was born at Amritsar. His father was Guru Hargobind ji. His mother's name was Nanki.

## 10. Our Tenth Guru



**Guru Gobind Singh Ji** was born at Patna. His father was Guru Tegh Bahadur ji. His mother's name was Mata Gujri.

## 11. Our Present Guru



**Guru Granth Sahib** was compiled by Guru Arjan Dev ji to guide the Sikhs. It was given the final shape by Guru Gobind Singh ji.

## 12. Gurdwara



Gurdwara Bangla Sahib, New Delhi

Sikhs pray in a Gurdwara. Gurdwara means Guru's home. Guru Granth Sahib is kept in all the Gurdwaras. Some Sikhs have Gurdwaras at home (known as Babaji's room).

All other religions also have their places of worship. For example:

- Hindus pray in a Temple
- Muslims pray in a Mosque
- Christians pray in a Church

### **Let Us Remember**

- \* All religions teach us to be good and honest and help the poor and needy.
- \* We must respect all religions.

## 13. The Golden Temple



- The Golden Temple is a place of pilgrimage for the Sikhs.
- It is in Amritsar.
- It was named after its dome, which is plated with gold leaf.
- It is also called Harmandir Sahib or Darbar Sahib.
- One of the most famous Sikh temples, this Gurdwara is visited by people of all religions.

## 14. Ek Onkar



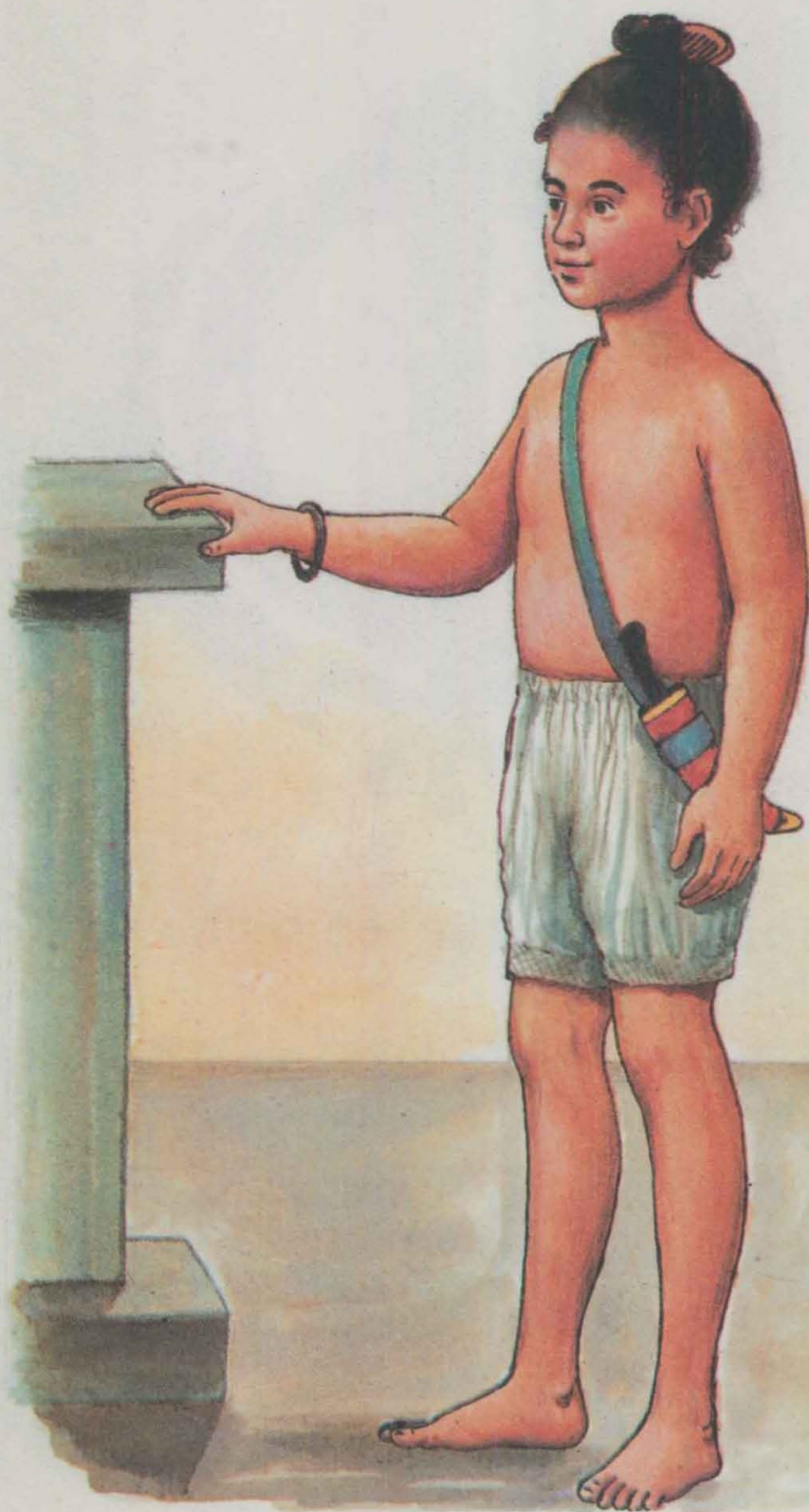
- **Ek Onkar** is an important symbol.
- Guru Granth Sahib starts with Ek Onkar.
- It means — God Is One.

## 15. Khanda



- **Khanda** is the emblem of the Khalsa.
- It has a two-edged sword in the middle.
- It has an iron ring around the two-edged sword.
- It has a sword on each side of the ring.

## 16. Five K's (Kakkas)



These are the five symbols given to the Sikhs by the tenth Guru—Guru Gobind Singh ji.

1. Kesh: uncut hair
2. Kangha: a comb to keep the hair tidy
3. Kachcha: drawers
4. Kara: an iron bangle
5. Kirpan: a sword for self-defence

The five K's give a distinct identity to the Sikhs.

## 17. The Khalsa Flag



- The **Nishan Sahib** is orange (saffron) in colour.
- It is triangular in shape.
- It has a Khanda drawn in black.
- The flag post is covered with orange (saffron) coloured cloth.
- One can see Nishan Sahib from far.
- All the Gurdwaras have Nishan Sahib.

## How Much Do You Remember?

I. Write the names of the ten Gurus.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

10. ....

II. Collect pictures of the ten Gurus and paste them in the correct order.

1

2

3

4

5

6

7

8

9

10

III.



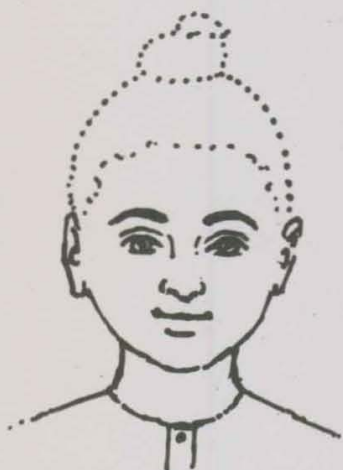
Complete  
Nishan Sahib  
and colour it.

IV. Fill in the blanks with the words  
given below.

Mosque, Gurdwara, Amritsar,  
Nishan Sahib, Temple, Saffron,  
Khanda, Church.

1. Sikhs pray in a \_\_\_\_\_
2. Hindus pray in a \_\_\_\_\_
3. Muslims pray in a \_\_\_\_\_
4. Christians pray in a \_\_\_\_\_
5. Golden Temple is in \_\_\_\_\_
6. The Khalsa flag is called  
\_\_\_\_\_
7. The colour of the Khalsa flag is  
\_\_\_\_\_
8. The Khalsa emblem is called  
\_\_\_\_\_

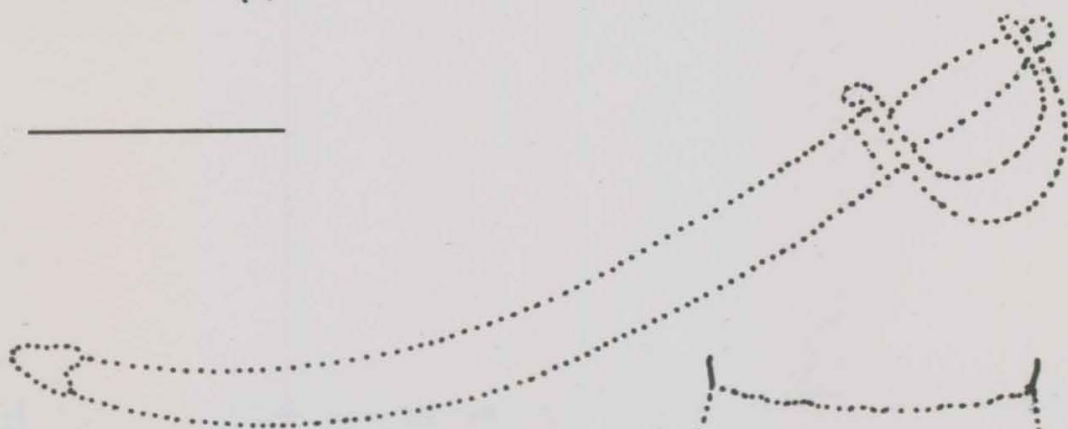
V. Name the five Ks (kakkas) and complete and label the following pictures.



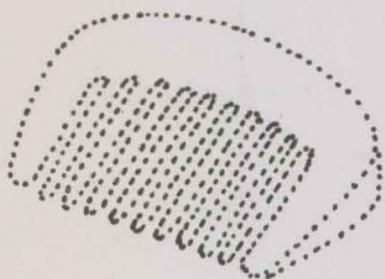
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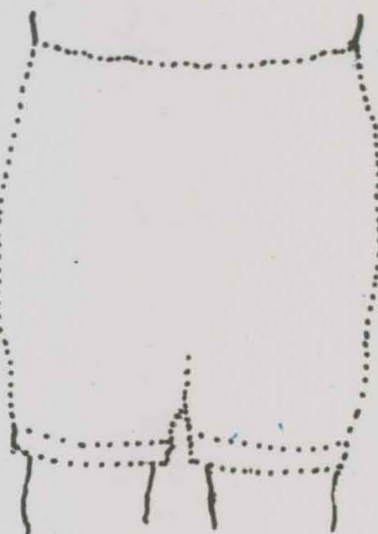
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\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

VI. Collect pictures of the important  
Gurdwaras and paste them.

